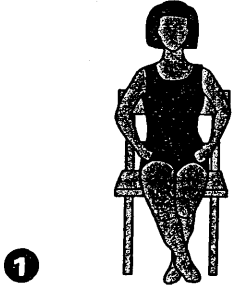


2:05CV439-A

For your KNEES:**To Stretch some muscle groups and to Strengthen others:****1**

Sit in a chair and cross your legs above the ankles. Your legs can be either straight or bent.

**2**

Push forward with the back leg and backward with the front leg, pressing evenly so that your legs do not move.

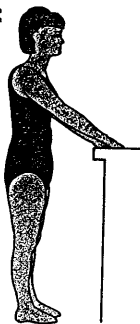
Hold for 10 seconds and release.

For your HIPS:**To Stretch:****1**

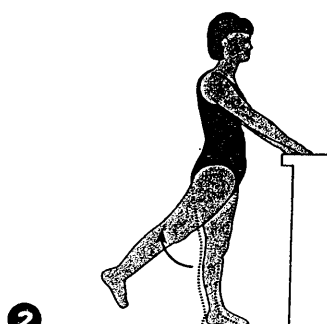
Stand straight and hold onto a sturdy table or counter.

**2**

Move the outside leg as far out to the side as it will go. Keep your foot in place, roll your knee in then out, leading with your heel.

**To Strengthen:****1**

Stand straight, face and hold onto a sturdy table or counter.

**2**

Move one leg backward and up behind you, keeping the knee straight. Do not arch your back or lean forward.

Hold for a count of 10, then slowly release.

How to avoid joint injury

- Stand tall and avoid fast, relaxed, slothlike stair steps.
- Sit with one or both knees higher than your hips whenever possible; keep your upper back straight and your shoulders relaxed.
- When standing for a long time, raise one foot slightly to take the stress off your lower back.
- Wear comfortable shoes with flat heels and lots of cushion.
- When you lift, always bend with your knees; keep objects close to your body, and don't use sudden movements.
- Don't lift heavy objects above your waist.
- Sleep on a firm mattress, on your side; not your stomach.
- When driving, sit close enough to the wheel so that your legs are not fully stretched out.

Brought to you by the makers of

TYLENOL

www.tylenol.com

But exercise can't prevent osteoarthritis. Your joints, the cartilage that cushions them, should be strengthened — and exercise is a good way to do this.

Two basic types of exercise:

Stretching exercises help you to stay flexible and prevent stiffness and deformities.

Strengthening exercises make the muscles, ligaments, and tendons that support your joints stronger and make movement less painful.

Tips for beginners

- Do these exercises slowly, without bouncing or jerking.
- Start with no more than 5 repetitions of each exercise, and take at least 2 weeks to increase to 10 repetitions.
- Do the exercises in an order that keeps you from getting up and down a lot.
- Always do the same number of exercises for both sides.

Brought to you by the makers of

TYLENOL
ACETAMINOPHEN

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Exercise and Osteoarthritis

For your BACK:

To Stretch:



1
Lie on the floor with your knees bent, and your feet flat on the floor.



2
Bring one knee toward your chest, lifting your foot up off the floor.

If you need to, tuck your hands under your thigh to help lift the leg.

Hold for 10 seconds, then lower the leg slowly.

To Strengthen:



1
Lie on your back with your knees bent and your feet flat on the floor.



2
Tighten your stomach muscles and your buttocks to push the small of your back against the floor.

This is known as the pelvic tilt.

Hold for 10 seconds and relax.

For your KNEES:

To Stretch some muscle groups and to Strengthen others:



1
Lie on your back with your legs straight.



2
Straighten your knee completely to tighten the muscle just above your knee. If you are doing this correctly, your heel should come up off the floor.

Hold for the count of 5 and relax.

(Exhibit Ten(10))

ALABAMA DEPARTMENT OF CORRECTIONS
DISCIPLINARY REPORT

DOC Form 225B (Revised 7/92)

1. INMATE : Richard Wright CUSTODY: Med. AIS NO.: B/187140
2. FACILITY: VENTRESS CORRECTIONAL FACILITY
3. The above named inmate is being charged by Officer Roosevelt Brown with a violation of rule #56 specifically: Failure to obey a direct order of a DOC official from regulation # 403, which occurred on or about November 22, 2005, at (time) 7:25 AM (am/pm), Location: 10 Dorm Lobby A hearing on this charge will be held after 24 hours from service.
4. Circumstances of the violation(s) are as follows: You, Inmate Richard Wright B/187140 did not leave the lobby when order to do so.
5. November 23, 2005 Roosevelt Brown, COI
Date Arresting Officer / Signature / Rank Roosevelt Brown COI
6. I hereby certify that I have personally served a copy of the foregoing upon the above named inmate and I informed inmate of his right to present a written or oral statement at the hearing and to present written questions for the witnesses on this the 28th day of November, 2005, at (time) 8:27 AM (am/pm).
7. [Signature] C.O.I. Refused to sign
Serving Officer / Signature / Rank Inmate's Signature / AIS Number
8. Witnesses desired? NO Refused to sign YES _____
Inmate's Signature Inmate's Signature
9. If yes, list: _____
10. Hearing Date _____ Time _____ Place _____
11. Inmate must be present in Hearing Room. If he is not present explain in detail on additional page and attach.
12. A finding is made that inmate (is / is not) capable of representing himself.
- _____
Signature / Hearing Officer
13. Plea: _____ Not Guilty _____ Guilty
14. The Arresting Officer, Inmate, and all witnesses were sworn to tell the truth.
- _____
Signature / Hearing Officer
15. Arresting Officer's testimony (at the hearing): _____

(Exhibit Six (6))

ALABAMA DEPARTMENT OF CORRECTIONS
DISCIPLINARY REPORT

DOC Form 225B (Revised 7/92)

1. INMATE : Richard Wright CUSTODY ME AIS NO.: B/187140
2. FACILITY: VENTRESS CORRECTIONAL FACILITY
3. The above named inmate is being charged by Officer Roosevelt Brown with a violation of rule #53 specifically: Inciting a Riot or Rioting from regulation # 403, which occurred on or about November 23, 2005, at (time) 7:25 AM, Location: Dorm 10 Lobby. A hearing on this charge will be held after 24 hours from service.
4. Circumstances of the violation(s) are as follows: You, Inmate Richard Wright, B/187140 could have caused a riot by stating, "We inmates need to stick together, I am not going out side, it's too cold."
5. November 23, 2005 Roosevelt Brown, COI
Date Arresting Officer / Signature / Rank Roosevelt Brown, COI
6. I hereby certify that I have personally served a copy of the foregoing upon the above named inmate and I informed inmate of his right to present a written or oral statement at the hearing and to present written questions for the witnesses on this the 28th day of November, 2005, at (time) 8:35 AM (am/pm).
7. [Signature] Refused to sign
Serving Officer / Signature / Rank Inmate's Signature / AIS Number
8. Witnesses desired? NO Refused to sign YES Refused to sign
Inmate's Signature Inmate's Signature
9. If yes, list: _____
10. Hearing Date _____ Time _____ Place _____
11. Inmate must be present in Hearing Room. If he is not present explain in detail on additional page and attach.
12. A finding is made that inmate (is / is not) capable of representing himself.
- _____
Signature / Hearing Officer
13. Plea: _____ Not Guilty _____ Guilty
14. The Arresting Officer, Inmate, and all witnesses were sworn to tell the truth.
- _____
Signature / Hearing Officer
15. Arresting Officer's testimony (at the hearing): _____

(Exhibit Seven(7))

ALABAMA DEPARTMENT OF CORRECTIONS
DISCIPLINARY REPORT

DOC Form 225B (Revised 7/92)

1. INMATE : Richard Wright CUSTODY: Med. AIS NO.: B/187140
2. FACILITY: VENTRESS CORRECTIONAL FACILITY
3. The above named inmate is being charged by Officer Levy Richardson with a violation of rule #29 specifically: Assault on a DOC Official from regulation # 403, which occurred on or about November 22, 2005, at (time) 7:40 AM (am/pm), Location: 10 Dorm Lobby A hearing on this charge will be held after 24 hours from service.
4. Circumstances of the violation(s) are as follows: You, Inmate Richard Wright B/187140 did kick Officer Levy Richardson in the stomach area when restraints were being placed on you and after restraints were placed on you.
5. November 23, 2005
Date Levy Richardson, COI
Arresting Officer / Signature / Rank Levy Richardson COI
6. I hereby certify that I have personally served a copy of the foregoing upon the above named inmate and I informed inmate of his right to present a written or oral statement at the hearing and to present written questions for the witnesses on this the 28th day of November, 2005, at (time) 8:25 AM (am/pm).
7. Robb c.o.f.
Serving Officer / Signature / Rank Refused to sign
Inmate's Signature / AIS Number
8. Witnesses desired? NO Refused to sign YES
Inmate's Signature Inmate's Signature
9. If yes, list: _____
10. Hearing Date _____ Time _____ Place _____
11. Inmate must be present in Hearing Room. If he is not present explain in detail on additional page and attach.
12. A finding is made that inmate (is / is not) capable of representing himself.
13. Plea: _____ Not Guilty _____ Guilty
Signature / Hearing Officer
14. The Arresting Officer, Inmate, and all witnesses were sworn to tell the truth.
15. Arresting Officer's testimony (at the hearing):

Annex C to AR 403 (Page 1 of 3 pages)

(Exhibit Eight (8))

Prison Health Services
Alabama Department of Corrections

EDUCATIONAL FACT SHEET

BACKPAIN

1. Avoid strenuous activity, especially weight lifting and contact sports.	INDIVIDUALIZED NURSING INSTRUCTIONS
2. Take medication as prescribed. 3. Inform medical if pain worsens. 4. Avoid bending over to pick up anything, Instead, stoop and lift with your legs. 5. Sit up straight. Avoid slouching.	

(Exhibit Nine(9))